



# ***USAG BENELUX***

## **Holiday Safety**

### **HAZARDS**



- **Travel – Road Safety**
  - Check weather, listen to forecasts
  - Winterize your car
  - Plan trip ahead and tell friends where you're going and time of arrival.
  - Visibility – See and be seen (lights, fog lights, reflective items for pedestrians, ...)
  - Use public transportation
  - Reduce speed on icy roads, ...



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- **No alcohol**
- **Fatigue - distraction**
- **Use seatbelts for all occupants**
- **Maintain following distances**
- **Black Ice: Dangerous because you can't see it. On bridges, overpasses, underpasses, shaded areas.**



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- **Hypothermia/Cold Weather Injuries**
  - Symptoms include shivering, slow and shallow breathing, slow speech, loss of coordination, hunger, nausea, fatigue, ...
  - Prevention:
    - Keep moving,
    - wear warm, loose, layered clothing covering your feet, hands, face and head.
    - Go to a warm area, and if wet, change for dry clothes and blankets.
    - Wear hat and gloves



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## **Sports Safety (ski, hiking, climbing, etc..).**

- Make sure you're fit to do it**
- Warm up especially if it is cold.**
- Wear proper equipment (helmet, gloves, goggles, etc...), clothes in layers, wear clothes that will not absorb water, but will breathe**
- Cover head, neck, hands.**
- Stay in pairs**



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- **Heater Safety**

- Plug electric space heater directly into the wall socket, not into extension cords.
- Place heaters where they will not be knocked over easily.
- Do not cover heaters or use to dry clothing or other items.
- Operate heater IAW heater operating instructions.
- Keep area free of clothing and other combustible material.



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- **Carbon Monoxide Poisoning =  
THE INVISIBLE KILLER**
  - Don't see it, Don't smell it.
  - High concentration of CO build up due to poor ventilation.
  - Symptoms: headache, weakness, dizziness, nausea
  - Treatment: fresh air, mouth to mouth resuscitation.
  - Prevention: Adequate ventilation, do not sleep in running vehicles



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- **Home Safety for Winter and Holidays**
  - Check electrical wiring and cords
  - Check furnace, wood stove, chimney
  - Keep a bag of salt in garage
  - Check your mazout tank and order in time
  - Check water pipes and protect against frost
  - Check your Christmas decoration: not toxic, check flammability of wreaths.
  - Check tree for freshness, and water natural tree.
  - Handling fireworks is like handling explosives
  - Be careful when using candles